



## Why a Plant-Based Diet?

One of the questions I get asked most often is "Why do I recommend a whole-food, plant-based (WFPB) diet?" I am also frequently asked "Just what does a whole-food, plant-based (WFPB) diet mean?"

It means to eat plants, not animals, in as close to their original, whole, organic state as possible. The more a food is processed the less it qualifies as a whole food. It's that simple.

I then get asked, what about eggs? What about an occasional piece of fish? What about organic, grass-fed beef? That's your decision to make but please remember that eggs, fish and cows are not plants, and neither are other animal proteins, even if they are organic. Anything which had a mother ... beef, pork, lamb, chicken, seafood ... and products made from them, such as dairy and eggs, is not a plant! Plants help heal our bodies, animal foods actually harm them. After learning the pros and cons of each, I'm sure you'll agree that making the switch to a WFPB diet is the right choice.



So, how did I decide to switch to a WFPB diet? I chose to learn first what cancer needs to survive, and what I can do to deprive it of its building blocks.

One of the first things I learned was that cancer needs methionine in order to survive and to build its protective protein barrier ... the one which “hides” it from our immune system. What is the most abundant source of methionine? With rare exception, it’s animal protein. I knew right then I wanted to switch a plant-based diet. After all, why give cancer what it wants, right?

It is important to note that some plant foods can also be high in methionine. Brazil nuts, for example, ounce per ounce have more methionine than steak! Yet other nuts such as macadamia nuts are very low in methionine. Beans, in their raw state, are high in methionine yet, once cooked, are perfectly acceptable. (My document on [Methionine](#) goes into this in more detail.)

I also found it interesting to learn that, in addition to helping with methionine restriction, another reason to avoid animal proteins is they can actually interfere with our immune system’s ability to kill cancer cells. “Meat also uses up the two critical enzymes trypsin and chymotrypsin, which are critical to allowing the immune system to kill cancer cells, though more potent enzymes have now been found. Vegetable proteins do not use up those enzymes.” [https://www.cancertutor.com/faq\\_meat/?fbclid=IwAR2RISYtTmzQFgXzXKTJsX9vOJo59njo3U1XhjgdCN38yIZ\\_Zmd04OLg3X4](https://www.cancertutor.com/faq_meat/?fbclid=IwAR2RISYtTmzQFgXzXKTJsX9vOJo59njo3U1XhjgdCN38yIZ_Zmd04OLg3X4)

I found it interesting to note that “Scientists have found that blood taken from those following a plant-based diet is 8 times more effective at killing cancer cells than blood taken from those following a Standard American Diet.”

<https://www.riseofthevegan.com/blog/scientists-find-blood-from-vegans-is-eight-times-more-protective-against-cancer>

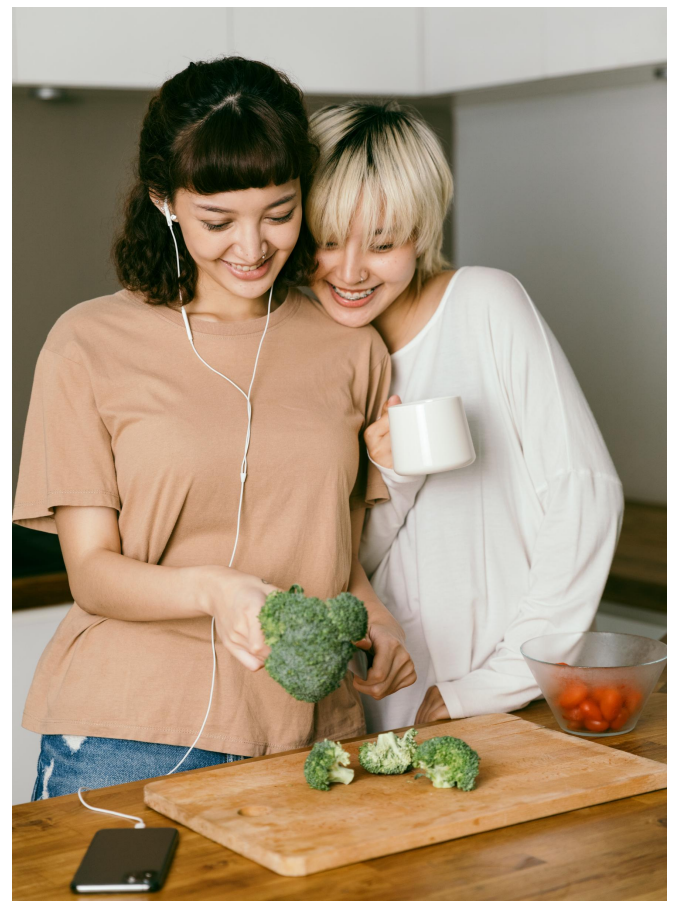
Think about those for a moment. Already you’ve learned that

- 1) Animal proteins provide methionine to cancer cells, something cancer needs to survive,
- 2) Animal proteins interfere with our immune system’s ability to kill cancer cells and
- 3) That our own blood can become a cancer killing machine just by following a plant-based diet!

Why wouldn’t everyone be rushing to their local farmers’ market?

For more information on how eating a plant-based diet can help turn our own blood into a cancer-killing mechanism, you may want to watch this brief video by Dr. Micheal Greger:

<https://www.youtube.com/watch?v=UcVIISdE5HY&feature=share>.

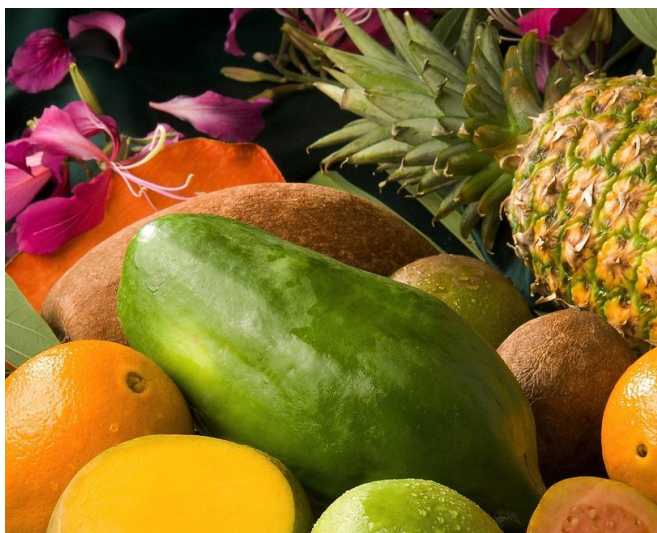


The more I researched, the more I was amazed at the healing properties many common foods have, particularly when it comes to cancer. Take lentils, for example. Not only are they beneficial because of their nutrition, I found they help prevent breast cancer.

"The health benefits of lentils are pretty amazing, and among the most impressive health benefits is the ability for this legume to specifically reduce the risk of breast cancer. A study published in the International Journal of Cancer assessed the relationship between flavonol intake and breast cancer risk by studying over 90,000 premenopausal women.

The women were studied for eight years, and the study found a remarkable connection between the women who included two servings of lentils into their diets each week as opposed to those who did not. Simply put, the group that ate lentils had a much lower risk of developing breast cancer!" <https://www.naturalhealth365.com/lentils-cancer-prevention-2016.html>

I learned that fruits such as papaya, pineapple and mango are very effective at breaking down cancer's protective protein barrier. I make a point of getting fruit, especially papaya, pineapple or mango, into my diet every day, preferably as part of my breakfast.



Not only does what we eat need to be from plants, it is important that we avoid processed plant foods. With few exceptions, research has found the more processed a food is, the less nutritional value it has.

Also, the more processed a food product is, the greater your chance that it will now contain unwanted, potentially harmful, ingredients to help keep the product stable and extend its shelf-life.

Eating whole foods, as close to their harvest date as possible, helps ensure we receive the maximum amount of nutrition available in our food. <https://www.livestrong.com/article/447449-how-do-fruits-and-vegetables-lose-their-nutrients-after-picking/>

I also learned that cancer thrives on processed sugar. So, of course, no more processed sugars for me. But, what about all the sugar in fruits? Fortunately, processed sugars and natural sugars are metabolized completely differently by our bodies. Processed sugars are basically empty calories. Fruits and their natural sugars are nutritional powerhouses. For more information on this subject and how cancer uses sugar, please read my document on [Sugar](#).

Many foods, such as dairy products, cause inflammation. Cancer thrives in environments with inflammation. At the same time, there are many plant foods which are naturally anti-inflammatory. <https://draxe.com/anti-inflammatory-foods/>

Another reason to avoid many animal based foods is because of the oxidized cholesterol contained in them. Not only can they contribute to cancer but to Alzheimers as well. <https://nutritionfacts.org/video/oxidized-cholesterol-as-a-cause-of-alzheimers-disease/>

As if we needed more reasons, many processed animal foods have been classified as carcinogens. "The World Health Organization has classified processed meats including ham, bacon, salami and frankfurts as a Group 1 carcinogen (known to cause cancer) which means that there's strong evidence that processed meats cause cancer. Eating processed meat increases your risk of bowel and stomach cancer. Red meat, such as beef, lamb and pork, has been classified as a Group 2A carcinogen which means it probably causes cancer." <https://www.cancerouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/#:~:text=The%20World%20Health%20Organization%20has%20classified%20processed%20meat,s.increases%20your%20risk%20of%20bowel%20and%20stomach%20cancer.>

Studies have also shown that consuming animal proteins triggers our liver to produce the cancer promoting growth hormone IGF-1. Conversely, adopting a plant-based diet has been shown to decrease IGF-1 levels gradually and also increase levels of a protein that binds extra IGF-1, helping deprive cancer cells of this growth hormone. For more information on that, check out this article: [https://nutritionfacts.org/2013/02/14/animal-protein-and-igf-1/?fbclid=IwAR36JVed0Dq7pPqQ\\_feDxKG5oF5UW6swS-l-bqI9GWfdrWtTzwvGE0VtE9B4](https://nutritionfacts.org/2013/02/14/animal-protein-and-igf-1/?fbclid=IwAR36JVed0Dq7pPqQ_feDxKG5oF5UW6swS-l-bqI9GWfdrWtTzwvGE0VtE9B4)

I researched and researched. I learned there are so many simple things such as, if you're estrogen positive, you should eat foods which are anti-estrogen. Who knew there were such things? Among the most effective are cruciferous vegetables such as broccoli and cauliflower. This is discussed in more detail in [Estrogen - An Introduction \(#1\)](#).

I also learned there are plant foods which are anti-angiogenic ... that means they help prevent the formation of new blood supplies. That's very important as cancerous tumors cannot grow without a blood supply to feed them. For more information on that I highly recommend the work of Dr. William Li at the Angiogenesis Foundation. <https://angio.org/>



While my research to date has indicated that high-fat diets, such as Keto, increase the risk of many types of cancer, it has also showed me that 'healthy' fats are vital to proper brain function, healthy skin, hair and nails, to reproductive health and stronger bones. Based on that I was comfortable previously using EVOO (Extra Virgin Olive Oil), avocado and coconut oils in moderation in my cooking. I was surprised when I watched a video lecture by Dr. McDougall on "Diet in the Prevention and Treatment of Cancer" and he clearly stated that plant oils (yes, plant oils) promoted cancer growth. However, when I started thinking about our WFPB diet, it began to make sense.



After all, we know that the whole food is better for us than a processed food, right? What is avocado oil?

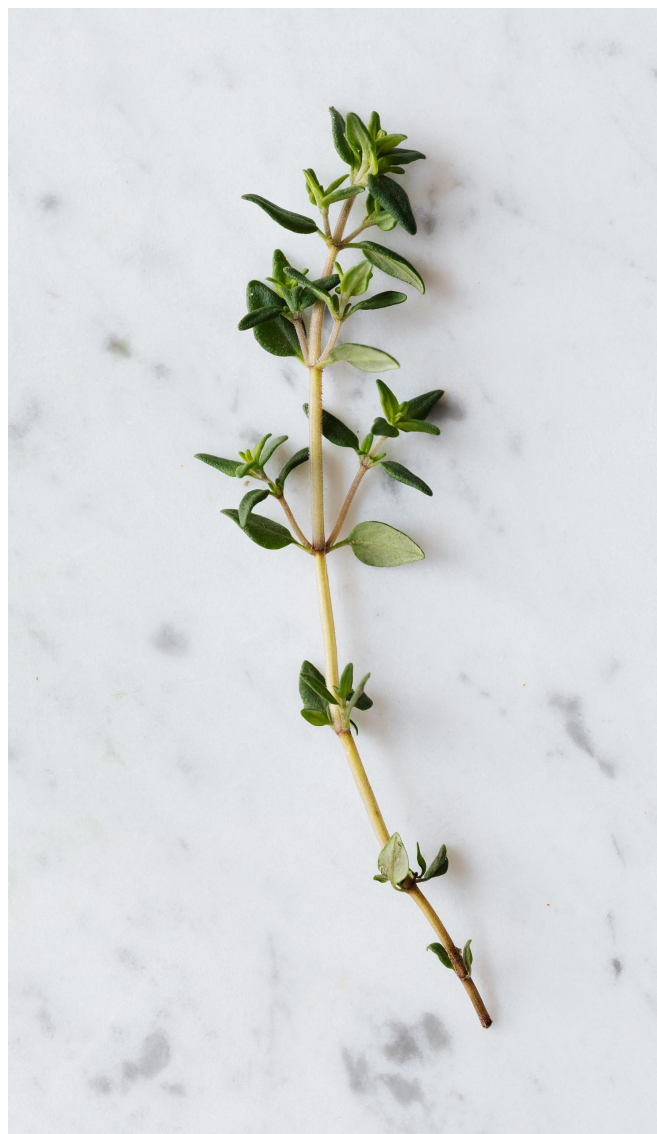
It's not a whole food; it is a processed product, an oil removed from a whole food. The same goes for olive oil and coconut oil. Based on that knowledge, I now try to make sure my WFPB diet also applies to oils ... as part of a whole food, they are fine, but once they are processed and removed from the whole food, I avoid them. The following quote from nutritiously.com sums it up very well:

"Oil is a refined food, meaning that healthy compounds have been stripped away from the olive, coconut, or seed. We want you to consume the fiber, protein, carbs, minerals and vitamins that come with the original food! Oil also has the highest calorie density which means you can easily add 200-300 calories to your meals without recognizing it. The consumption of oil has been linked to heart disease, diabetes, obesity and even some forms of cancer. Vegetable oil can go rancid pretty quickly and it throws off your omega 3 to 6 balance, causing inflammation in your body. Please choose the whole food and skip or replace the oil!"

The above gives you the basics of a WFPB diet and the reasons behind it. I chose a plant-based diet, organic whenever possible, no processed sugar, dairy or alcohol and restricted oils. For the majority of people who make this switch, the health rewards are noticeable with many people finding they can get off of most, if not all, of their prescription medications.

For me, the greatest challenge was learning a new way to cook. I'd been an omnivore my entire life and I learned to cook that way. Fortunately, I am a person who enjoys challenges and rather than looking on this new way of meal preparation as a chore, I accepted it as a new opportunity. My husband, a sworn 'meat and potatoes' man, made

switch to a WFPB diet with me. We are both pleasantly surprised to note that neither one of us miss eating animal proteins. Our meals are varied, delicious and satisfying. We still eat many of our favorite meals, but have simply adapted the recipes accordingly. There are numerous websites available for plant-based, oil free recipes. I will also be sharing [Recipes](#) and [Cooking Tips](#) here as time allows.



If you don't take time for your health now, you have to take time for disease later. – Author unknown